



# POOL PROGRAMS

## 2/25/2019-3/10/2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 2/25/2019

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Questions/Comments please contact the Aquatics Director.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
Indoor Hrs	12:00p-5:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	7:30a-7:30p					
Bubble Hrs	12:00-5:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	1:00-7:00p					
6:00												
6:30												
7:00												
7:30												
8:00								Lakota Stingrays				
8:30								7:30-9:30				
9:00								H2O Fitness to the Max				
9:30								9:00a-9:50a				
10:00								Aqua Bootcamp				
10:30								10:00a-11:00a				
11:00			Rocking the Waves 10:00-10:55AM		Rocking the Waves							
11:30			SilverSplash		10:30a-1:30p			SilverSplash	11:00a - 11:55a	SilverSplash	Swim Lessons	
12:00			11:30a-12:20p									
12:30												
1:00												
1:30												
2:00			CATS Class									
2:30			12:00-5:00 PM									
3:00												
3:30												
4:00	<b>LAKOTA STINGGRAYS SWIM TEAM</b>											
4:30	<b>4:00-9:00 PM</b>											
5:00	Swim Lessons 5:45-7:30 PM			Swim Lessons 6:00p-7:30p								
5:30												
6:00												
6:30												
7:00												
7:30												
8:00												
8:30												
9:00												
9:30												
10:00												



# LAP & OPEN SWIM SCHEDULE

2/25/2019-3/10/2019

Updated: 2/25/2019

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Hours	12:00p-5:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	7:30a-7:30p
Bubble Pool Hours	12:00-5:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p	1:00-7:00p
6:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	
6:30						6:00a-8:00a	
7:00		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a		
7:30							
8:00		LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP & OPEN	LAP SWIM ONLY
8:30		Swim	Swim	Swim	Swim	Swim	7:30-11:00AM
9:00		8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	8:00a-11:30a	
9:30							
10:00							
10:30							
11:00							
11:30		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY
12:00	LAP & OPEN SWIM 12:00p-5:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:00a-1:00p
12:30							LAP & OPEN SWIM 1:00-7:00p
1:00		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	
1:30		12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	12:30p - 4:00p	
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00		LAP & OPEN SWIM 4:00-8:00p (In Bubble when Open)	LAP & OPEN SWIM 4:00-8:00p (In Bubble when Open)	LAP & OPEN SWIM 4:00-8:00p (In Bubble when Open)	LAP & OPEN SWIM 4:00-8:00p (In Bubble when Open)	LAP & OPEN SWIM 4:00-8:00p (In Bubble when Open)	
6:30							
7:00							
7:30							
8:00							
8:30		Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	Lap Swim ONLY	
9:00		8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	8:30p-9:30p	
9:30							
10:00							

**MONDAY**

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:30a						
7:00a						
7:00a						
8:00a	Open Swim 8:00a-11:30a	Open Swim 8:00a-11:30a	6:00AM-11:30AM	6:00AM-11:30AM	6:00AM-11:30AM	6:00AM-4:00PM
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash (used if more than 20 participants)	
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p		
1:00p	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Open Swim 12:30-4:00 PM	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM
5:00p	SWIM LESSONS 5:45-7:30 PM  (IN BUBBLE WHEN OPEN)	SWIM LESSONS 5:45-7:30 PM				
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p	Lap Swim 8:00p-9:30p					
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

## TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6:00AM-4:00 PM	Lap Swim 6:00AM-4:00 PM	Lap Swim 6-4p
6:30a						
7:00a						
7:00a						
8:00a	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM	Open Swim 8:00-10:00AM			
8:30a						
9:00a						
9:30a	Water Aerobics 10:00-10:55AM	Water Aerobics 10:00-10:55AM	Water Aerobics 10:00-10:55AM			
10:00a						
10:30a						
11:00a	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p	SWIM LESSONS 10:30a-1:30p			
11:30a						
12:00p						
12:30p						
1:00p	Open Swim 1:30p-4:00p	Open Swim 1:30p-4:00p	Open Swim 1:30p-4:00p			
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM	Lakota Stingrays 4:00-9:00PM
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p	Lap Swim 8:30p-9:00p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	
9:30p						

### WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a						
6:30a	Lap Swim	Lap Swim				
7:00a	6-8a	6-8a				
7:00a			Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00a			6-11:30a	6-11:30a	6-11:30a	6:00AM-3:00PM
8:30a	Open Swim	Open Swim				
9:00a	8:00a-11:30a	8:00a-11:30a				
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	Silver Sneakers Silver Splash	
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	(less than 20 participants)	
1:00p						
1:30p	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim	
2:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	12:30p-4:00p	
2:30p						
3:00p						
3:30p						
4:00p						
4:30p	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays	Lakota Stingrays
5:00p	4:00p-9:00p	4:00p-9:00p	4:00p-9:00p	4:00p-9:00p	4:00p-9:00p	4:00p-9:00p
5:15p						
5:45p						
6:00p	SWIM LESSONS	SWIM LESSONS				
6:15p	6:00-7:30 PM	6:00-7:30 PM				
6:30p						
6:45p						
7:00p						
7:15p	(IN BUBBLE WHEN OPEN)					
7:30p						
7:45p						
8:00p						
8:15p	Lap Swim					
8:30p	8:00p-9:30p					
8:45p						
9:00p		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30p		9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p	9:00p-9:30p

## THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6						
6:00a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim 6-8a	Lap Swim	Lap Swim	Lap Swim						
6:30a												
7:00a												
7:00a	8:00a-11:00a	8:00a-11:00a	8:00a-11:00a	7:00-4:00PM	7:00-4:00PM	7:00-3:00PM						
8:00a												
8:30a												
9:00a												
9:30a												
10:00a												
10:30a												
11:00a												
11:30a												
12:00p												
12:30p												
1:00p	12:00-4:00 PM	12:00-4:00 PM	12:00-4:00 PM									
1:30p												
2:00p												
2:30p												
3:00p												
3:30p												
4:00p												
4:30p							Lakota Stingrays 4:00p-9:00p	Lakota Stingrays 4:00p-9:00p	Lakota Stingrays 4:00p-9:00p	Lakota Stingrays 4:00p-9:00p	Lakota Stingrays 4:00p-9:00p	Lakota Stingrays 4:00p-9:00p
5:00p												
5:30p												
5:45p												
6:00p												
6:15p												
6:30p												
6:45p												
7:00p												
7:15p	H2O Fitness to the MAX 7:00-7:55 PM (IN BUBBLE WHEN OPEN)	H2O Fitness to the MAX 7:00-7:55 PM (IN BUBBLE WHEN OPEN)										
7:30p												
7:45p												
8:00p												
8:15p												
8:30p												
8:45p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p						
9:00p												
9:30p												

## FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-3:00p
6:30a						
7:00a						
7:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a			
8:00a						
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a						
11:30a						
12:00p						
12:30p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p	11:35a-12:25p (less than 20 participants)	
1:00p	OPEN SWIM 12:30p-4:00p	OPEN SWIM 12:30p-4:00p	OPEN SWIM 12:30p-4:00p	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p	Lap Swim 8:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p	Lap Swim 9:00p-9:30p
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

## SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00a	8:00a-9:00a	8:00a-9:00a	8:00a-10:00a	8:00a-10:00a	8:00a-10:00a	8a-5:30p
8:30a						
9:00a	H2O	H2O				
9:30a	9-9:50a	9-9:50a				
10:00a	Aqua Bootcamp	Aqua Bootcamp	Aqua Bootcamp	Swim Lessons	Swim Lessons	Swim Lessons
10:30a	10-11a	10-11a	10-11a	9:45a-12:30p	9:45a-12:30p	9:45a-12:30p
11:00a						
11:30a						
12:00p						
12:30p						
1:00p	CATS Class	CATS Class	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim
1:30p	1:00-7:00PM	1:00-7:00PM	1:00-7:00PM	12:30-7:00 PM	12:30-7:00 PM	12:30-7:00 PM
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
6:00p						
6:30p						
7:00p						
7:30p						

## SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p						
12:30p						
1:00p	CATS Class	CATS Class	Open Swim	Lap Swim	Lap Swim	Lap Swim
1:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p	12:00p-5:30p
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						